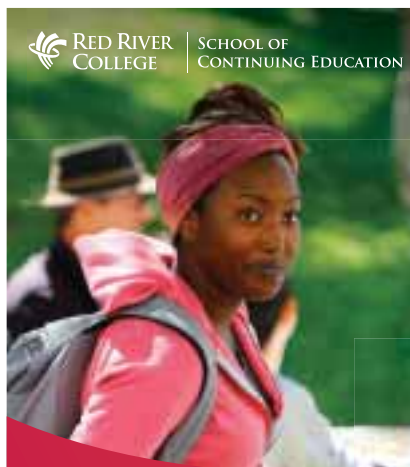


# WINNIPEG metro®

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## NO MORE SELFIE EXPRESSION

Chris White-Ferrell takes a selfie using a selfie stick outside the Canadian Museum for Human Rights Monday afternoon. The museum has banned the use of selfie sticks inside the building. Story, page 4. SHANE GIBSON/METRO

## Two charged in gang shooting

**Dufferin Avenue.**

Police can't say if victim  
was the intended target



**SHANE  
GIBSON**

[shane.gibson@metronews.ca](mailto:shane.gibson@metronews.ca)

Police have two teens in custody in connection to a gang-related shooting in the North End last month that saw suspects knock on a door and then lay in wait to shoot whomever answered.

Police were called around 1:30 a.m. Feb. 24 to a home in the 200 block of Dufferin Avenue where a man was found in critical condition with a gunshot wound to the upper body.

The man, 19, was rushed to hospital and later upgraded to stable condition.

Police believe a group of males armed with a gun converged on the home, knocked on the door and waited for the victim to answer, shooting him when he opened the door.

"Once they knocked on the door it appears that they retreated from the doorway

and waited for someone to answer," said police spokesperson Const. Jason Michalysen.

"This particular residence was occupied by a number of people ... an occupant of the home did answer the door, there was some indication that he observed the suspects and it appears that he attempted to close the door but was still struck."

Police won't say whether the victim was the intended target or what gangs were involved.

"I can't say whether or not if someone else had have opened the door whether the same circumstances would have occurred," said Michalysen. "There is certainly indication that this residence was targeted."

Aaron Chartrand, 19, and a 16-year-old male are each facing a long list of charges including attempt to commit murder.

Police continue to investigate and expect to make further arrests in the case.

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# 'Good things' in budget: Coun. Marty Morantz

**City hall.** Finance chair mum Monday on what hike may look like



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

The city's keeper of the public purse was mum Monday on the details of Winnipeg's 2015 budget, but said they're bringing forward a "balanced budget and there'll be a lot of really good things" in it.

Finance chair Coun. Marty Morantz said when council was sworn in last November, they were informed of a \$79-million projected deficit for 2015.

"That's what we were facing when we arrived," said Morantz, adding that he expects there will be a lot of questions, but feels the public will understand the reasoning behind their decisions.

"At the end of the day, that's essentially what we're hired to do as politicians — we're hired to govern and make decisions that are in the best interests of the citizens of Winnipeg."



Coun. Marty Morantz answers reporters' questions on the 2015 budget, which he'll be tabling Tuesday. BERNICE PONTANILLA/METRO

Asked about the two road improvement funds — a one per cent hike for local and another one per cent for regional — that were introduced under ex-mayor Sam Katz, Morantz hinted that they won't be cut.

"I think that citizens will be very happy with the decision-making that we made

around our street maintenance and our capital contributions to roads," he said, adding over the past four months he's learned "more than I could possibly explain in several hours" about municipal budgets.

Coun. Brian Mayes said during a scrum earlier Monday

that the budget does include a plan to pay for rapid transit or, more specifically, the \$20 million per year that the city will have to pay over 30 years on the loan.

The 2015 operating and capital budgets will be tabled during a special EPC meeting Tuesday afternoon.

## Budget predictions

### Metro's crystal ball: 3 per cent

The view from the media office at Winnipeg City Hall is that politicians are setting the stage for a property tax hike that will be viewed as necessary, but not detrimental to the average Joe's bank account.

Roads continue to be a common gripe among Winnipeggers, so I don't see this council doing away with the two road-improvement funds. Those programs leverage money to give the city more bang for its buck, meaning to axe it would be a setback for road repairs.

Mayor Brian Bowman said during the election that he'd keep any increase to property taxes to inflation, which was just over two per cent in 2014.

However, a four per cent tax increase in your first budget is a definite gamble, and Bowman also said he'd find two per cent savings in city departments, so three per cent is definitely a more palatable number.

What will be interesting to see is whether there are any hikes to levies, such as the frontage levy, or increases to the cost of city services and fees.

Will it be three per cent? We'll find out today.

BERNICE PONTANILLA/METRO

## Not just restaurants for Esplanade Riel: Mayes

The chair of the city's downtown development committee applauded the move to cast a wider net of proposals for the Esplanade Riel site overlooking the Red River.

Coun. Brian Mayes said it's "absolutely" necessary for the expression of interest process

to go beyond restaurants when it comes to the space formerly occupied by Chez Sophie and Salisbury House.

"I think it's a good idea, not just limiting it to restaurants," said Mayes after Monday's meeting, adding that he doesn't want to "pre-judge

anything."

"What this isn't is a brainstorming exercise about potential ideas... We need people with a plan where the numbers work, so that's what we're trying to get."

Mayes said there's also urgency because the Esplanade

Riel bridge adorns so much Winnipeg promotional material.

"We can't have a vacant restaurant on that site, we gotta try to make it work with somebody," he added.

The city advertised the expression of interest, which

closes March 31, over the weekend in the Winnipeg Free Press.

On Monday both Mayes and Coun. Jenny Gerbas asked city officials to translate the ad for a French-language publication, which officials said they'd look into. BERNICE PONTANILLA/METRO

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Weekly Transit News Update

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# Human rights museum is ready for its close-up

**History.** Five months after official launch, money woes and controversy give way to undeniable power of the finished product

It's been five months since the Canadian Museum for Human Rights officially launched with fewer than half its galleries open to visitors.

The lead-up to the opening was rocky — overshadowed by fundraising woes, as well as protests from those who wanted the museum to describe government policies toward First Nations as "genocide" and others angry about prominence given to the Holocaust over starvation of Ukrainians by the Soviets in the 1930s.

But there is no denying the power of the final product. After some growing pains and the hurried completion of the six remaining galleries, the \$351-million museum is ready for its close-up.

It is a far cry from a conventional museum, with artifacts behind glass and explanatory placards on walls. The museum is relatively open-concept, with ramps that take the visitor from the underground through 11 galleries to the Tower of Hope, which is taller than the Peace Tower in Ottawa.

Each exhibit is dedicated to a theme told through art, film, interactive digital screens and text. The museum is less about artifacts — there are only 300 in all — and more about provoking thought.

The bulk of this country's history is in the Can-



Guests gather at the grand opening of the Canadian Museum For Human Rights in September. JOHN WOODS/THE CANADIAN PRESS

adian Journey gallery — a large room with 18 alcoves, each showcasing a historical theme using multimedia or artifacts. Visitors can explore everything from Japanese internment camps during the Second World War to women's rights to the Winnipeg General Strike to same-sex marriage.

One powerful alcove dedicated to Indian residential schools simply has video screens mounted on two

school desks which include survivor testimony from the Truth and Reconciliation Commission.

The gallery Protecting Rights in Canada contains the legal documents that arguably form the foundations of Canada. There is a copy of the Bill of Rights signed by former prime minister John Diefenbaker in 1960, a 1763 royal proclamation by King George III that established protocols for relationships with First

Nations and the proclamation of the Constitution Act signed by then-prime minister Pierre Trudeau and the Queen.

The next few galleries explore genocide and mass atrocities, and the final gallery, Inspiring Change, invites visitors to complete the sentence "I imagine ..." Some 5,000 people have filled out the cards so far, and some will eventually be showcased as part of the museum's collection. **THE CANADIAN PRESS**

## 'Selfie sticks' banned at CMHR

The Canadian Museum for Human Rights is joining renowned museums around the world in banning the use of "selfie sticks."

The sticks are the extendable poles that hold a camera or smartphone beyond arm's length to help take group photographs, or pictures of one's self.

Maureen Fitzhenry, a museum spokeswoman, said one of the main reasons for the

ban is the safety of museum visitors and exhibits.

"We permit hand-held devices in the museum — cameras, mobile phones and all that kind of thing," said Fitzhenry. "But when it starts to get into any sort of extension devices — tripods, selfie sticks, anything like that — we discourage their use."

Fitzhenry said the facility is also concerned about the devices posing an obstacle to

other visitors, and in maintaining a respectful environment, given the content of some of the exhibits.

Selfies are still allowed, but the museum encourages visitors to keep to hand-held, flash-free photography.

Fitzhenry said that, so far, the museum hasn't had any trouble with people using the sticks.

In February, the Metropolitan Museum of Art in New

York barred visitors from using the devices, fearing they could damage artworks and disrupt fellow patrons.

The Met's decision followed a string of U.S. institutions outlawing selfie sticks, including New York's Museum of Modern Art, the National Gallery of Art in Washington and the Museum of Fine Arts in Houston.

**THE CANADIAN PRESS, WITH FILES FROM SHANE GIBSON/METRO**





Const. Jason Michalyshen speaks to media Monday morning after police say a 19-year-old female employee at a store in Polo Park was groped by a male shopper Saturday. SHANE GIBSON/METRO

# Man groped worker at Polo Park: Police

## Sexual assault.

Suspect had been videotaping female employee, say police



SHANE GIBSON  
shane.gibson@metronews.ca

Police are looking for a man who groped a female employee at Hudson's Bay at Polo Park Shopping Centre Saturday after first videotaping her and her fellow workers.

The 19-year-old was among a group of the department store's employees who noticed a suspicious male who appeared to be taking pictures or video of them with a cellphone while he looked around the store shortly before 7 p.m.

The suspect approached the victim asking for assistance paying for an item and police said Monday that's when he made inappropriate contact with her.

"While that employee was assisting, it appears

that she had bent over, or was attempting to get an item from the shelf for this individual, and while doing so it is believed that he was recording her," said police spokesperson Const. Jason Michalyshen.

"He did make contact or inappropriately touch her at that time and then fled the store."

Michalyshen said investigators are working closely with staff and security at the store. Police have also been able to recover surveillance video of the suspect.

The suspect is white, 5'9" tall, in his late 20s or early 30s, with a slim build. He was clean-shaven with very short dirty blond hair.

## Dauphin

### Car chase includes snowmobile trail

A man is facing a number of charges including impaired driving after Dauphin RCMP say he rammed a police cruiser and led them on a chase through a snow bank and down a snowmobile trail early Sunday.

Officers were patrolling Ethelbert, Man. around 1:15 a.m. when they came across

a vehicle being driven very slowly. The driver increased his speed and drove into a snow bank before ramming the cruiser car on his way out of the snow bank and continuing down a groomed snowmobile trail. The suspect returned to the road and promptly hit a ditch.

He then got out of the vehicle and fled on foot, but police caught up with him moments later. Bryan James Munro, 30, of Ethelbert, is facing charges. **METRO**

## Watt Street

### Man in critical condition after high-speed crash

A man is fighting for life after witnesses saw his SUV hit speeds over 100 km per hour before slamming into a billboard sign post in the Chalmers neighbourhood Sunday night.

The man, 29, was the lone occupant of the Mitsubishi

Outlander that crashed at the corner of Watt Street and Chalmers Avenue around 7 p.m. He was rushed to hospital in critical condition and police did not have an update on his status Monday morning. Police don't believe alcohol was a factor, and it doesn't appear the man was in a medical emergency at the time of the crash. The Traffic Collision Investigation Unit is investigating and anyone with information should call police at 204-986-6271. **METRO**

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## Manitoba. Unions to have less sway in NDP leadership race: Sources

Manitoba unions will hold a lot less sway than expected over Premier Greg Selinger's future, after being unable to fill hundreds of delegate slots for the governing NDP's leadership vote Sunday.

Unions were allocated up to 691 of a potential 2,217 delegate positions for the March 8 vote that will determine whether Selinger will be forced out of his job by an internal revolt.

But two sources connected to the race said unions were only able to fill 361 of those slots by the deadline Wednesday night, with a handful of potential additions still being tabulated by party headquarters.

Union leaders had already admitted they faced a hurdle in filling their delegate slots under the NDP's complex system of rules for leadership selection. Union locals are awarded one delegate for every 100 members, but each delegate has to be an active NDP member and a

member of the local they represent.

The rules were a challenge for the Canadian Union of Public Employees, which has dozens of locals across the province. A health-care worker in Winnipeg, for example, could not be assigned a delegate position for a union local in The Pas. **THE CANADIAN PRESS**



Less union support means Premier Greg Selinger will have a tougher time against competitors Steve Ashton and Theresa Oswald, pictured. **THE CANADIAN PRESS**

## 'Like a dragon at rest'

**Concert.** Musician Dan Mangan and his bearded brothers in Blacksmith will unfold their 'biggest production show'

Vancouver musician and songwriter Dan Mangan released three acclaimed albums under his own name, before adding his band Blacksmith to the bill for their fourth, *Club Meds*, released in January.

"We felt like we'd been a band for years and it was strange only having my name on the ticket," said Mangan.

"It didn't seem representative of the ensemble. I dig 'Blacksmith'. Kenton (Loewen, drums) thought it up; it's dark and romantic," he said.

Mangan said he and his bearded brothers in Blacksmith will unfold "the biggest production show we've put on to date," March 5 at the Garrick Centre.



Dan Mangan + Blacksmith will line up before playing the Garrick, March 5 with Hayden. **SHIMON KARMEL/SUPPLIED**

"We're looking to introduce folks to this new album while still honouring our older material," he said.

As for the beards, Mangan said having one is not really a prerequisite for joining the band. "John's (Walsh, bass) is a little patchy, but we still love him."

The band's bio describes their live performances as "breathing like a dragon at rest."

Pressed to explain what this means, Mangan said the dragon could get pretty nuts, but chooses a subtler option.

"Think of a big, gnarly beast breathing deeply and

steadily. There is strength and there is softness," he said. "I'm lucky enough to be surrounded by a band that embraces both, simultaneously."

Tickets are \$38.50 at GalleryAC.com and \$42.50 at Ticketmaster locations or Ticketmaster.ca.

**NIGEL MOORE/FOR METRO**

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## WHY WE WON'T TAKE A GAP YEAR



**WHAT'S GOOD**  
Ace Burpee  
winnipeg@metronews.ca

The argument for taking a year off and travelling the world constantly rages in my head.

It's particularly present right at this moment as I'm watching a young family of four that I know do that very thing.

I see their pictures every day on Twitter and Instagram, and there is no doubt they're having the greatest time ever.

They're not rich, they obviously had to give up a lot of security and, in some ways, they'll be starting over when they return ...

### Quoted

While we would love to be daring, chance-taking free spirits, security is a very powerful thing.

yet there is no way they'll regret it.

I'd say I think about taking off for a year roughly 17 times a day. As do a ton of people. The question as to why we don't is what concerns me.

Money? Well, we spend plenty of money on things that aren't going to leave us satisfied at the end of our lives. In fact, they don't even make us happy right now.

Fear? Yep. We're scared. We're not sure what we're scared of because we haven't done it, but we are freaked out by the unknown.

Security and safety? This is a big one. While we would love to be daring, chance-taking free spirits, security is a very powerful thing. Powerful, but also makes me feel like that's a lame excuse.

I don't know the answer. We should really have a serious talk about this. I'll be over here talking myself out of it.

ACE BURPEE IS A WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

# No need to fear heritage conservation status: Rep.



Jim Fielder of the Armstrong's Point residents' association said 90 per cent of residents are in favour of becoming a Heritage Conservation District.

BERNICE PONTANILLA/METRO

## Armstrong's Point. Neighbourhood group hopes designation will be boon to tourism



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

The quest to make Armstrong's Point the first heritage conservation district (HCD) in Winnipeg got a significant boost Monday, as a city committee gave the project its blessing.

Jim Fielder, chair of the Armstrong's Point residents' association, told councillors on the downtown development and heritage committee that his group has been working toward this conservation dream since its formation in 1950.

Fielder said the district designation is "near and dear to the hearts of the community" because it means the area will continue to be a tourist destination and a location for films.

Many of the homes there are among the oldest in Winnipeg — including one from 1880.

"We stressed the fact that it is part of the overall fabric of the city and it should be celebrated," said Fielder, adding that they're looking closely at the example of Rosedale in Toronto where property values have skyrocketed.

The committee accepted the city's report that called for the public service to further develop criteria for creating HCDs, including the pilot project in Armstrong's Point, which is located just east of the Misericordia hospital and is also known as The Gates.

Fielder said people don't have to be afraid of this new designation.

"This is what we've stressed with the residents: just because you're a historical conservation district doesn't mean that you can't paint your house," he said.

"It isn't against development; it's development in a particular manner."

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# 'Vulcanizing' \$5 bills not illegal: Bank of Canada

**Leonard Nimoy.** The legendary Star Trek actor's fans posted images of the altered banknotes online following his death

It turns out there's not a lot of logic in the belief that it's against the law to Vulcanize Wilfrid Laurier's likeness on the \$5 bill.

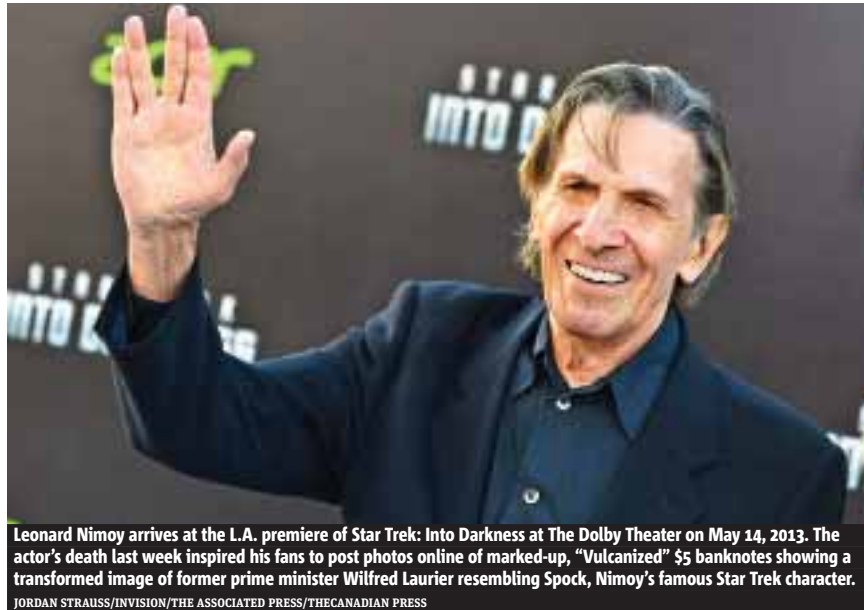
The death of Leonard Nimoy last week inspired people to post photos on social media of marked-up banknotes with the former prime minister morphed into Spock, Nimoy's famous Star Trek character.

For years, Canadians have used pens to doodle Spock's pointy Vulcan ears, sharp eyebrows and signature bowl haircut on the bill's image of Laurier.

Contrary to what many believe, the Bank of Canada said Monday it's not illegal to deface or even mutilate banknotes, although there are laws that prohibit reproducing both sides of a current bill electronically.

Nonetheless, bank spokeswoman Josianne Menard pointed out there are reasons to resist the urge to scribble on the Canadian bills.

"The Bank of Canada feels that writing and markings on bank notes are inappropriate as they are a symbol of our



Leonard Nimoy arrives at the L.A. premiere of *Star Trek: Into Darkness* at The Dolby Theater on May 14, 2013. The actor's death last week inspired his fans to post photos online of marked-up, "Vulcanized" \$5 banknotes showing a transformed image of former prime minister Wilfrid Laurier resembling Spock, Nimoy's famous Star Trek character.

JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS/THE CANADIAN PRESS

country and a source of national pride," Menard wrote in an email.

Long life and prosperity might also take a hit: Menard said disfigured bills may not circulate for as long and risk being rejected by retailers.

Following Nimoy's death Friday, social-media users posted their own versions of Laurier's Vulcan makeover to honour the actor.

"Spock your \$5 bills for Leonard Nimoy," a group called the Canadian Design Resource

tweeted alongside its depiction.

The online images of the altered bills circulated widely and attracted international media attention to something many Canadians were already familiar with. So it wasn't exactly a place that no Canadian had boldly gone to before.

Calgary artist Tom Bagley, who posted his own Spock-Laurier hybrid on Facebook and Flickr after Nimoy's death, described it as an old bar trick to impress waitresses.

Bagley said he had no con-

cerns about any potential legal issues over defacing the banknote. Besides, he said, he drew his with a pencil crayon, which can be erased.

"I don't know anyone that's gone to jail for it," he said in an interview.

"I always thought it was OK as long as the numbers were intact — it still counted as money. That's what I heard. Because stuff happens, like say you spill spaghetti sauce all over it or something like that."

THE CANADIAN PRESS

## Toronto tunnel. Mystery 'hangout' no threat: Police

A mystery tunnel discovered near a Pan Am Games venue in north Toronto was built by two men who wanted a place to "hang out," police said Monday.

The pair, who were tracked down thanks to tips from the public, told investigators they built the tunnel for "personal reasons" and their explanation has been verified, Const. Victor Kwong said.

Kwong said police have determined there was never any criminal intent or danger to public safety, and no charges will be laid.

"It literally was these two guys who had an idea to create a place to themselves to hang out in," he said.

"You think about a kid making a fort, digging a hole — add 15 years to that," he said.

The men had "no idea" they weren't allowed to dig in a public park and were apologetic during their interview with po-



A Toronto police photo of the tunnel found near one of the venues for this year's Pan Am games. COURTESY TORONTO POLICE/THE CANADIAN PRESS

lice, he said.

Toronto bylaw enforcement said digging on city land would be considered trespassing, which is enforced by police.

Police are not releasing the men's names or any further details since the case is not a criminal investigation, but Kwong said there is no connection to York University, which is near the tunnel site, or the Pan Am Games. THE CANADIAN PRESS

## East Ukraine. Canada may impose new sanctions against Russia: Nicholson

Foreign Affairs Minister Rob Nicholson says Canada may impose more sanctions on Russia if it continues to violate the ceasefire with Ukraine.

Nicholson blames Russian President Vladimir Putin for flare-ups that have persisted since France, Germany, Russia and Ukraine negotiated the Minsk II agreement last month aimed at ending hostility in eastern Ukraine.

Secretary of State John Kerry has said the U.S. has prepared a new round of sanctions and could implement them quickly.

Nicholson says Canada has one of the toughest sanctions regimes of any country and is prepared to do more in concert with allies.

Nicholson is in Paris for talks with his French counterpart, Laurent Fabius.

"In my meeting with Minister Fabius, I underscored our government's steadfast and unrelenting commitment with the people of Ukraine in the face of Vladimir Putin's military aggression," Nicholson said in a statement.

He calls it a tragedy that the UN Human Rights Office has now said more than 6,000 people have been killed in the Ukraine conflict since April 2014.

Nicholson says that's a "distressing consequence of Putin's ongoing militarism and provocation in Ukraine."

THE CANADIAN PRESS

## Victims of Canadian convicted of sex abuse in Nepal relieved by guilty verdict

Two men who testified against Ernest Fenwick MacIntosh say his conviction in Nepal for the sexual abuse of a nine-year-old boy is both a relief and a painful reminder of how the system failed to bring him to justice in time in Canada.

MacIntosh, 71, was sentenced Sunday to seven years in prison in Nepal for sexually abusing a minor, The Associated Press reported Monday.

The Lalitpur district court also said the visitor to the Asian country was ordered to pay \$10,000 US to the victim.

MacIntosh was convicted of multiple counts of abusing four boys in the Port Hawkesbury, N.S., area in the 1970s, but those convictions were overturned by a higher court that ruled it took too long to

### Quoted

**"It's good to see that Nepalese officials managed to do in about 49 days what Canadian officials failed to do over 15 years."**

Bob Martin, a photographer, who worked with lawyer Jonathan Rosenthal on the case

bring the former businessman to trial.

Bob Martin said the conviction in Nepal was a relief after the disappointment of MacIntosh's release from jail in Nova Scotia.

"It's good to see that Nepalese officials managed to do in about 49 days what Canadian officials failed to do over 15 years," the 57-year-old photographer said in a phone interview from Port Hawkesbury.

"It's embarrassing that an-

other country has brought him to the forefront."

Jonathan Rosenthal, the lawyer who worked with Martin on the file, said the records were noted in the Nepalese judgment.

"I urged them (the two men in Canada) to provide the documents because I wanted to make sure the Nepalese authorities knew this wasn't just another sex tourist," said Rosenthal.

Sutherland said in an

interview that he remains concerned that somehow MacIntosh may again appeal and secure his release.

The resident of Dawson Creek, B.C., said he was pleased by the conviction, but it is hard for him to believe MacIntosh will remain behind bars.

"I was happy with the seven-year conviction, but he's obviously going to fight that, try and appeal it," he said.

Allegations that MacIntosh was sexually abusing boys in the 1970s surfaced in 1995, when he was living in India.

The former businessman wasn't extradited until 2007, and the first of his two trials in Nova Scotia didn't start until 2010. His convictions were quashed in April 2013.

THE CANADIAN PRESS

### Thailand

#### Quebec sisters likely poisoned by pesticide: Coroner

A Quebec coroner has concluded that two sisters found dead in their hotel room in Thailand in 2012 were probably intoxicated by phosphine, a strong pesticide. The same pesticide was also believed to have been responsible for the recent deaths of two children in northern Alberta. THE CANADIAN PRESS

### University of Alberta

#### President aware of anti-abortion display concerns

The president of the University of Alberta is aware of concerns over an upcoming anti-abortion display but says the school supports freedom of expression. In a statement posted online, Indira Samarasekera says Go-Life is a registered student group on campus and has followed university policies. THE CANADIAN PRESS



# Severe climate change one factor in Syrian revolution, new study claims

## Record drought.

Damaging four-year dry spell forced farmers to move to poverty-stricken cities

The extreme drought that wreaked havoc on Syria between 2006 and 2010 was exacerbated by climate change, and that drought may have helped trigger the country's 2011 revolution, says a pro-

vocative new study.

The revolution has since evolved into a complex war that has killed at least 200,000 people, displaced millions and involved many countries. It has also led to the birth of the Islamic State, the brutal terrorist organization that controls vast areas of Syria and Iraq.

"We are not saying climate change caused the uprising," said Colin Kelley, a climatologist at the University of California, Santa Barbara, and lead author of the study. "What we are saying is that this multi-year

drought was made more severe due to this long-term trend and that led to this chain of events."

The study was published in the journal *Proceedings of the National Academy of Sciences* on Monday.

Researchers say the multi-year drought, the worst ever recorded in the region, wrecked agriculture in the breadbasket region of northern Syria, driving farmers and their families to cities where poverty and mismanagement by the Bashar Assad government was rampant. This migration came

on the heels of more than 1.5 million Iraqi refugees fleeing war in their country and making home in Syria, pointed out Kelley.

"The urban population increased by 50 per cent in eight years. That is a tremendous strain on existing resources," he said. The uprising happened directly after that, he said.

Droughts have been a recurring phenomenon in the Mediterranean region, including substantial ones in the 1950s, 1980s and 1990s, but concern

is rising that man-made climate change is intensifying their frequency and duration.

The area called the Fertile Crescent — parts of Turkey and much of Syria and Iraq — has undergone warming of 1 to 1.2 degrees Celsius and approximately a 10 per cent reduction in wet-season precipitation since 1900, say researchers. This trend is in line with models of human-influenced global warming, said Kelley.

The region is expected to get drier and hotter.

TORSTAR NEWS SERVICE

## Problem faced by farmers

Shahrazad Mohtadi, co-author of the study, says decades of unsustainable policies made it tough for Syrian farmers to weather the drought of 2006-10. The Assad family encouraged export crops like cotton, which needs a lot of water, and groundwater wells were not regulated, she said. "It depleted groundwater that would have helped during long, dry years."

## Kansas

### Anti-Semitism at heart of triple killing: Officer

A man accused of fatally shooting three people at Jewish sites in the state of Kansas declared "Heil Hitler!" and asked how many Jews he had killed after the attacks, a police officer who was at the scene testified Monday.

Frazier Glenn Miller, 74, is charged with capital murder in the April 2014 shootings at the Jewish Community Center of Greater Kansas City in Overland Park and at a nearby Jewish retirement home. None of the victims were Jewish. Prosecutors plan to seek the death penalty.

THE ASSOCIATED PRESS

## Eastern Europe

### Ukraine-conflict body count: 6,000

More than 6,000 people have died in eastern Ukraine since the start of the conflict almost a year ago that has led to "devastation of civilian lives and infrastructure," the UN human-rights office said Monday.

Hundreds of civilians and military personnel have been killed in recent weeks after an upswing in fighting particularly near Donetsk airport, said a report. The strategic railroad town of Debaltsevo was captured from Ukrainian government forces last month by pro-Russian separatists.

THE ASSOCIATED PRESS



### Life's a beach: Hail storms surprise California

Pedestrians on the Huntington Beach pier look at a beach covered with hail after a passing storm on Monday in Huntington Beach, Calif. The National Weather Service says at least an inch of icy pellets coated the sand at Huntington Beach after the system roared ashore Monday morning. VICTOR M BRAVO/THE ASSOCIATED PRESS

## U.S. L.A. police fatally shoot homeless man in incident caught on video

Police fatally shot a homeless man during a "brutal" videotaped struggle in which a rookie officer cried out that the man had hold of his gun before three other officers opened fire, the Los Angeles police chief said Monday.

Chief Charlie Beck's account of the incident, including photos showing the condition of the gun, was rare 24 hours after a shooting involving an officer. It comes amid heightened attention to killings by police that have led to protests, some violent, across the United States.

Beck said video showed the man reaching toward the officer's waistband. The officer's gun was found partly cocked and jammed with a bullet in

## Quoted

"You can hear the young officer who was primarily engaged in the confrontation saying that 'He has my gun. He has my gun.'"

L.A. police Chief Charlie Beck

the chamber and another in the ejection port, indicating a struggle for the weapon. "You can hear the young officer who was primarily engaged in the confrontation saying that 'He has my gun. He has my gun,'" Beck said. "He says it several times, with conviction."

THE ASSOCIATED PRESS

## Iraq. Military operation aiming to recapture town from Islamic State group

Backed by Iranian-supported Shiite militias, Iraqi forces launched a large-scale offensive Monday to retake Saddam Hussein's hometown from the Islamic State of Iraq and the Levant (ISIL) group, the first in a series of campaigns to try to reclaim large parts of northern Iraq from the Sunni extremists.

Previous attempts to capture the symbolic city have failed, and hours into Monday's operation, the military said it still hadn't entered Tikrit, indicating a long battle lies ahead.

Retaking it will help Iraqi forces secure a major supply link for any future operation to retake Mosul, Iraq's second-largest city, which has been under militant rule since June.

State-run Al-Iraqiya television said that forces were attacking from different directions, backed by artillery and airstrikes by Iraqi fighter jets. It said the militants were dislodged from some areas outside the city, but several hours into the operation, it gave no additional details.

THE ASSOCIATED PRESS



# Kerry warns of more sanctions on Russia

**Geneva.** U.S. Secretary of State meets with counterpart amid war of words over Ukraine

U.S. Secretary of State John Kerry met Monday with his Russian counterpart in what appeared to be less than amicable talks amid continuing tensions over Ukraine and American calls for a full probe into the murder of a prominent opposition figure in Moscow.

Neither Kerry nor Russia's Foreign Minister Sergey Lavrov smiled or spoke substantively as they shook hands before photographers at a Geneva hotel on Monday, less than a week after Kerry told Congress that Russian officials have lied to his face about Moscow's role in Ukraine.

That comment drew a rebuke from the Russian foreign ministry. U.S. officials have

pointed out that Kerry did not specifically accuse Lavrov of lying to him. They say he was referring to public statements and media reports, although Lavrov is the only Russian official Kerry is known to have met face to face in recent months. The pair last met in February on the sidelines of an international security conference in Munich shortly before a new Ukraine ceasefire agreement was agreed upon.

Both Ukraine and the Russian-backed rebels have accused each other of violating the truce and the meeting comes as the U.S. and its European allies contemplate additional sanctions on Russia for its actions in Ukraine.

In his congressional testimony last week, Kerry said that fresh U.S. sanctions had already been prepared and suggested they could be implemented soon.

However, U.S. officials have said since that they will wait to see if the ceasefire and follow-on commitments to

## UN cites reports

While Russia denies its troops are fighting in Ukraine, the UN cited "credible reports (that) indicate a continuing flow of heavy weaponry and foreign fighters" from Russia.

- Kerry and Lavrov each addressed the UN Human Rights Council later Monday and a senior U.S. official said they had met again briefly there to continue their earlier discussion.

end the violence in Ukraine's east are complied with before putting the sanctions in place.

"I underscored this morning that if that does not happen ... then there would be inevitably further consequences that would place added strains on Russia's troubled economy," Kerry told reporters he had conveyed to Lavrov.

THE ASSOCIATED PRESS



## Conflicting reports arise in Nemtsov probe

People walk to pay their respects at the place where Boris Nemtsov, a charismatic Russian opposition leader and sharp critic of President Vladimir Putin, was gunned down on Friday near the Kremlin, with St. Basil's Cathedral in the background in Moscow on Monday. Words on a portrait read "Fight!" Conflicting reports on the killing of Nemtsov Monday included mention of possible surveillance footage of his slaying.

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

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# Michael Jordan makes it onto billionaires list

**Forbes.** Investment in Charlotte Hornets lifted NBA Hall of Fame player onto annual list

Michael Jordan and two other NBA owners have joined Forbes' annual list of the world's billionaires.

Forbes released its list of billionaires on Monday and noted that Jordan's net worth is estimated at \$1 billion US, thanks to his well-timed investment in the Charlotte Hornets.

Houston Rockets owner Leslie Alexander, with a net worth of \$1.6 billion, and Chicago Bulls owner Jerry Reinsdorf, worth \$1.3 billion, also made the list.

The net worth of NBA franchise values increased this past year after the sale of the Los Angeles Clippers to Steve Ballmer for \$2 billion.



NBA legend Michael Jordan.  
GETTY IMAGES FILE

The 52-year-old Jordan, a Hall of Fame player who won six NBA championships with the Bulls, reached billionaire status last June, according to the magazine. This is his first year on Forbes' annual list, which is typically released in March. **THE ASSOCIATED PRESS**

## The Top 10

- 1** Bill Gates, U.S.A.  
Net worth: \$79.2 billion.  
Source of wealth: Technology company Microsoft Corp.
- 2** Carlos Slim Helu, Mexico.  
Net worth: \$77.1 billion.  
Source of wealth: Telecommunications.
- 3** Warren Buffett, U.S.A.  
Net worth: \$72.7 billion.  
Source of wealth: Investment holding company Berkshire Hathaway Inc.
- 4** Amancio Ortega, Spain.  
Net worth: \$64.5 billion.  
Source of wealth: Retail chain Zara.
- 5** Larry Ellison, U.S.A.  
Net worth: \$54.3 billion.  
Source of wealth: Technology company Oracle Corp.
- 6** Charles Koch (tie), U.S.A.  
Net worth: \$42.9 billion.  
Source of wealth: Conglomerate Koch Industries.
- 6** David Koch (tie), U.S.A.  
Net worth: \$42.9 billion.  
Source of wealth: Conglomerate Koch Industries.
- 8** Christy Walton, U.S.A.  
Net worth: \$41.7 billion.  
Source of wealth: Retailer Wal-Mart Stores Inc.
- 9** Jim Walton, U.S.A.  
Net worth: \$40.6 billion.  
Source of wealth: Retailer Wal-Mart Stores Inc.
- 10** Liliane Bettencourt, France.  
Net worth: \$40.1 billion.  
Source of wealth: Cosmetics company L'Oréal.

SOURCE: FORBES



## Google takes to treetops

Google revealed images Monday taken by its Trekker device that shows what it's like to zip through trees in the Amazon jungle in South America. The images are the latest addition to the Google Maps Street View option. **COURTESY GOOGLE/THE ASSOCIATED PRESS**

## Credit cards

### Costco strikes deal with Citi, Visa

Costco says it struck a deal for Citi to be the exclusive issuer of its co-branded credit cards in the U.S., with Visa replacing American Express.

American Express said the relationship with Costco expires March 31, 2016. The deal with Visa takes effect the next day. Costco has been accepting MasterCard at its Canadian locations since Jan. 1. **THE ASSOCIATED PRESS**

## Wireless networks

### Google working on cellular services

Google vice-president Sundar Pichai says Google is working with network operators on developing a cellular plan that, he says, will be announced "in the coming months." Speaking at the Mobile World Congress wireless show in Barcelona, Pichai called the plan "a project" and insisted the Internet giant is not a threat to traditional service providers.

**THE ASSOCIATED PRESS**

## Market Minute

**DOLLAR**  
79.78¢ (-0.20¢)

**TSX**  
15,264.05 (+29.71)

**OIL**  
\$49.59 US (-17¢)

**GOLD**  
\$1,208.20 US (-\$4.90)

**Natural gas:** \$2.698 (-3.6¢)  
**Dow Jones:** 18,288.63 (+155.93)

# Bell to fight Super Bowl ruling

Canadians may not get to watch those pricey American Super Bowl ads on Canadian TV channels after all, if Bell gets its way.

Canada's broadcast regulator issued a ban earlier this year on the so-called simultaneous substitution of Canadian advertising over U.S. ads during the NFL final.

But Bell Media called the decision unfair Monday as it filed a motion with the Federal Court of Appeal seeking leave to appeal, saying the Canadian Radio-television and Telecommunications Commission acted in error.

## Simsub

**\$250M**

It is estimated that simultaneous substitution pumps \$250 million annually into Canada's broadcast system.

Bell claims the CRTC was wrong to single out Super Bowl ads for the ban while declaring simultaneous substitution, known as simsub, important to the broadcasting system.

Broadcasters have argued they need the simsub revenue generated by the ads to pay for the Canadian rights to air the Super Bowl.

The CRTC also banned simsub for specialty channels, which affects live sports programming on other networks, and warned it would impose penalties for mismatched ads that run over top of important points in the broadcasts.

The Super Bowl simsub decision directly affects only Bell in the immediate term because it holds the broadcasting rights to the game when the ban is to take effect in 2017. **THE CANADIAN PRESS**

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## VOICES

## SHOULD WINNIPEG HAVE ITS OWN TRANSIT TAX?

A long-term transportation strategy requires a long-term dedicated revenue source to fund it, so we should start thinking about how to fund our transit dreams now



**YOUR  
RIDE**  
Colin Fast

As Winnipeg's newish city council prepares to release its first budget later today, one of the big questions is how the city plans to pay for its share of rapid transit expansion.

But instead of pushing numbers around on a spreadsheet to find a short-term fix, councillors might want to look to the west coast for a larger vision of how to build and fund a transit system.

Residents in Vancouver will go to the polls in a few weeks to vote in a referendum on a 0.5 per cent sales tax increase to support transportation projects. If successful, the plan will raise \$2.5 billion over 10 years to extend the SkyTrain, build new LRT lines, increase bus service by 25 per cent, replace a major bridge and create 300 kilometres of separated bike lanes. The region's mayors say these projects will reduce traffic congestion by 20 per cent even while Metro Vancouver adds tens of thousands of new residents per year.

So what could a similar approach look like in Winnipeg?

Adopting a 0.5 per cent sales tax in Winnipeg would raise around \$800 million over a 10-year period. Matching funds from the provincial and federal governments would create a \$2.4-billion bank account for transit expansion between now and 2025.

That could be enough to fulfil Mayor Brian Bowman's dream of completing six bus rapid transit lines throughout the city, with enough left over for a massive expansion of cycling and pedestrian infrastructure and maybe a modern traffic light control system too. All together, those works would completely transform the way people get around our city.



Vancouver will go to the polls in a few weeks about a tax to pay for transit. Winnipeg should consider something similar, says Colin Fast. METRO FILE

Of course it doesn't have to be a sales tax increase. Council could implement a

property tax levy to be used for a comprehensive transit plan, which is what the Region of Waterloo recently did to pay for a light rail project.

Or it could apply a tax on all surface parking spots in the city, which would have the triple benefit of raising money

**DO YOU HAVE A TRANSIT IDEA?**  
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winnipeg@metronews.ca

for transportation projects, encouraging more people to leave their cars at home, and sparking redevelopment of surface lots into parkades and buildings.

None of these options would be easy. Just like in Vancouver, the usual anti-tax crowd would complain about any new levy, and the Selinger government's botched PST increase is still fresh in many people's minds.

But that doesn't mean the city shouldn't try to help citizens see the benefits of building a citywide rapid transit and active transportation network.

Fewer vehicles on the road means less congestion, less need for costly roadway expansions and less frequent repairs on major streets. More alternative transit options means more dense development, more efficient use of civic infrastructure and more vibrant neighbourhoods.

But a long-term transportation strategy requires a long-term dedicated revenue source to be successful. So whether or not it happens today, council should get moving on a funding plan — and a sales pitch — to bring to Winnipeggers soon.

*Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.*

## You can Meet a Muslim Family, but don't stop there



**DEENA  
DOUARA**  
readers@metronews.ca

Ever wondered why Muslims don't eat pork? Dying to understand what "Allahu Akbar" really means? Well, thanks to a national campaign that launched Sunday, you can ask a real live Muslim near you these burning questions and more!

Ahmadiyya Muslims (a minority sect of Islam) will for the next couple weeks invite strangers into their homes to dispel misconceptions about Islam.

There are some obvious concerns with the Meet a Muslim Family campaign, encapsulated by this tweet: @ShebaSid: "I feel like the next step is a zoo full of Muslims. You can poke and prod us and coo at us. Throw us a piece of meat. #MeetAMuslim-Family #WTF"

As a Muslim myself, I can relate. But in the context of a country where many

people — even in urban areas — find us no less exotic than wallabies (and considerably more violent), it's laudable that some in the community are being proactive.

Last week's outrageous incident of a Quebec judge refusing to hear a woman's case because she was wearing a head scarf demonstrates a need to educate the public on how the hijab, for example, is a bit different than sunglasses (and also not a sign of oppression — but that's for a different article).

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

However, a note of caution with these campaigns, illustrated with this anecdote:

In discussing a novel with a group of friends recently, I explained my shock at descriptions of Mennonite youth having

## Hug me, I'm Muslim

**In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.**

sex, doing drugs and acting like "normal" rebellious teens. A friend interjected: "Oh no, they're not like that at all! I lived with one in university, and they are very strict and pure."

My friend not only met a Mennonite, she lived with a Mennonite. And that is how she understands anything to do with them. The problem with Meet a Muslim Family is that no one person could possibly speak

for a group that's composed of more than a billion and a half people worldwide. Some Muslim families pray together, others drink together. Some can take four hours explaining why we're meant to pray five times a day, others would say little more than, "It's one of the pillars."

While non-Muslims proactively seeking knowledge is noble, realistically, our communities cannot expect that. "Educate yourselves" is not a fair proposition. For better or worse, people develop impressions through those they know, and the onus is on Muslims to be open about their faith with neighbours and colleagues, mix in with other communities and be vocal in the face of false, misleading or offensive rhetoric.

So sure, go meet a Muslim. But what's better than knowing one Muslim is knowing more than one Muslim.

*Deena Douara is a Toronto-based freelancer and communications consultant. @Deena\_Do*



## News flash: Cameron likes sex, hates Twitter

Newlywed Cameron Diaz has an exciting new workout routine for you to try, but just don't expect her to release a video for it. Diaz decided it was about time she took a firm position on the topic of sex.

"It's something healthy that we need to be doing for many different reasons," she tells *Cosmopolitan*. Also healthy? Exercise. "People say, 'My body rejects exercise.' No, it doesn't. Your mind rejects exercise." Whoa. Oh, and while she's imparting so much wisdom, Diaz also wants to talk about moderation.

"Well-being is an equation," she intones. "Remember, you don't have to have the whole cake, you can have a piece." So go ahead, eat that piece of cake.

But it's not all positivity and sunbeams in Diaz's latest treatise on the lives of the healthy. She also admits there are some things she doesn't like. For instance, Twitter.

"I think social media is a crazy-ass experiment on society," she says. "The way people use it to get validation from a bunch of strangers is dangerous. What's the point?" Says the woman on the cover of a magazine talking about her sex life.



## What it takes to get Kanye to Oxford

Kanye West gave a lecture at Oxford University Monday because obviously, right?

He's all about the speeches these days. But what did it take for the Oxford Guild Business Society to get Yeezus at the lectern?

"Many hours negotiating against the odds," according to Guild chairman Abbas Kazmi. But was it worth it?

According to live-tweeting by students attending

the event, totally. He offered some gems like, "Why I say the Matrix is like the Bible and what is my definition of the Matrix?" and "We have the ability to approach our race like ants, or we have the ability to approach our race like crabs." Oh, and: "Obama calls the home phone, by the way."



Students took to social media to share some of West's words of wisdom.



Taylor Swift ALL PHOTOS BY GETTY IMAGES

## Baby helps Swift shake off Perry beef

Taylor Swift has a new job. Jamie King took to Instagram to announce that she'd nominated the Shake it Off singer to be the godmother of her second, yet-to-arrive child.

"Taylor Swift will forever be watching over our new baby," King wrote. Swift herself posted a photo of communing with King's pregnant tummy.

And it's good that Swift has a new gig, since she's apparently shying away from her

old job of feuding with Katy Perry. In a lengthy chat with the *Telegraph*, Swift vows not to mention Perry anymore, so stop bringing her up, OK?

"I'm not giving them anything to write about," she says when asked about *Bad Blood*, her song allegedly about Perry. "I'm never going to talk about her in my interview. It's not going to happen."

Fine, whatever. But she will talk about her love life. Or the

Gossip

NED EHRBAR

METRO'S TAKE  
ON THE WORLD  
OF CELEBRITIES



# 2 SCENE



# Looking to the future by Chasing Yesterday

**New album.** Former Oasis man Noel Gallagher is loving life as a solo artist

Former Oasis star Noel Gallagher is putting his past behind him, releasing a new solo album, ruling out a reunion with his brother Liam and even being nice about one-time arch-rivals Blur.

Oasis split five years ago after nearly two decades of fractious sibling rivalry between guitarist Noel and his younger brother Liam, the band's frontman.

"I haven't seen him for about five months but we text quite a lot. It's usually him insulting me," laughs Gallagher, during an interview in London.

Liam's post-Oasis band Beady Eye recently broke up as well but he is quick

to dismiss any suggestion of a reunion with his 42-year-old brother.

"The answer is no," he says.

His new album *Chasing Yesterday*, his second since the band split, is released on March 2 and features his signature combination of layered guitars and elliptical lyrics.

The star is full of enthusiasm for the life of a solo artist.

"It's more rewarding, it's more fulfilling. I like being in charge of everything," he says.

"I just write songs and I collect the songs together and I make an album out

of them."

Gallagher is now a 47-year-old family man with three children who is more likely to be found watching his beloved Manchester City than indulging a rock 'n' roll lifestyle.

His legendary bile towards musicians whose work he does not rate has not diminished with age.

"Beyoncé, not for me. My wife loves her but she's got no taste. Katy Perry? Even my daughter hates her and she's 15. Sam Smith? Not for me," he says.

"Traditional rock stars are like wild animals — Mick Jagger or my brother," he adds.

## Quoted

**"It's more rewarding, it's more fulfilling. I like being in charge of everything."**

Noel Gallagher on working as a solo artist post Oasis



In a recent interview, Noel Gallagher was quick to dismiss a reunion with his brother Liam. AFP

"They don't give a f—. Modern rock stars, Alex Turner (of Arctic Monkeys) or Sergio from Kasabian, they do give a f—, they care about their hairstyle, they care about what they think."

He is more forgiving towards Oasis's old Britpop rivals Blur, who this month

announced their first new album in 12 years, *The Magic Whip*.

"I think it will probably be very good if it in any way represents what Damon (Albarn, Blur's frontman) has been doing recently," Gallagher says.

"Old groups are great but what really lets old groups

down, they don't f—ing write good songs any more."

He does not even rule out working with Albarn in future.

"I would like to. We're both gonna be busy boys for the next couple of years. But you never know," he says.

AFP

2014/15 SEASON

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# Youtube awards celebrate big stars

**Internet.** Video site recognizes big hits, subscriber growth

Beyoncé, Big Sean, Drake and Ed Sheeran feature among the 50 artists who will be picking up an award from YouTube at a special online-only event scheduled for March 23.

YouTube has not explained exactly how the artists were judged for winning their awards, other than to say that they “showed the biggest growth in view, subscribers and engagement over the last six months on YouTube.”

Collectively, the artists, who also include Katy Perry, OK Go, One Direction, Snoop Dogg, Taylor Swift and Lady Gaga, have clocked up more than 47 billion views and boast 164 million subscribers since September.

To mark the achievement YouTube will be posting a



Big Sean, left, is one of the YouTube award winners. AFP

huge collection of exclusive new content from emerging and established artists on March 23. The package is being produced by Vice and contributors included Ca\$hoots, Charli XCX, Migos,

Nicky Jam and Shamir.

As for the YouTube Music Awards 2015, it will be broadcast live on YouTube on its own dedicated channel.

AFP

## TV movie. Ann Coulter, Mark Cuban to star in Syfy's Sharknado 3

This summer's Sharknado 3 will usher in the Cuban-Coulter administration.

The Syfy network said Monday that Dallas Mavericks owner and Shark Tank star Mark Cuban will play the president of the United States in the third instalment of the goofy Sharknado TV movie series, set to premiere in July.

Conservative commentator and author Ann Coulter

will be his vice-president.

The network previously said Bo Derek will have a cameo as star Tara Reid's mother, Jerry Springer will play a tourist and 'N Sync singer Chris Kirkpatrick will be a pool lifeguard.

This year the toothy storm terrorizes Washington, D.C., before moving down to Florida.

THE ASSOCIATED PRESS

### Reality TV

#### Judge Judy's court to stay in session

Daytime television's most popular personality, Judge Judy Sheindlin, has extended her contract for three years and will be on air until 2020.

CBS Television Distribution didn't discuss terms of the deal Monday. TV Guide has reported her current salary at \$47 million a year — making her by far the highest-paid personality on television. Sheindlin is 72.

The new deal also gives CBS first look at any projects by Sheindlin's production company, which makes the new court show Hot Bench.

Judge Judy is now in its 19th season, and has been the top daytime TV show for the past five years.

THE ASSOCIATED PRESS



Ann Coulter and Mark Cuban have jumped on board for Sharknado 3. Cuban will play the U.S. president and Coulter will be his VP. PHOTOS: GETTY IMAGES

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# Fertility myths debunked

**Trying to get pregnant?** An expert sets the record straight on a few widespread misconceptions

**EMILY LAURENCE**  
Metro in New York City

Whether you're trying to get pregnant now or you want to have kids in the far-off future, educating yourself about fertility can only help your case. "If you want a good outcome, you need to be thoughtful about what information out there can help you," says Dr. Jamie Grifo, director of the New York University Fertility Center and co-author of *The Whole Life Fertility Plan*. Here, he helps expose some myths surrounding fertility.

## Myth #1: Being on the pill now will hurt your chances of getting pregnant later.

Dr. Grifo says this is a huge misconception people have for two reasons. The first is that it can take anywhere from three months to a year for a woman's menstrual cycle to get back to normal.

"It's harder initially (to conceive), but there's no measurable impact on fertility," Dr. Grifo says.

"Another reason for this myth is that a lot of women are on the pill until their late 30s and then have trouble getting pregnant," Dr. Grifo says. "But the pill has nothing to do with it. They'd have the same problem if they had never been on the pill. (It's really because) it's harder to get pregnant after a certain age."

## Myth #2: You shouldn't think about fertility until you're absolutely ready to have a baby.

If you are a woman over 30, Dr. Grifo says you need to start thinking about if and when you want to be a mom now, when there are more options available to you.

"It breaks my heart when a 44-year-old woman sits down in my office complete-



Educate yourself about fertility before you try to have a baby. ISTOCK

ly dumbfounded that she's having trouble getting pregnant," Dr. Grifo says.

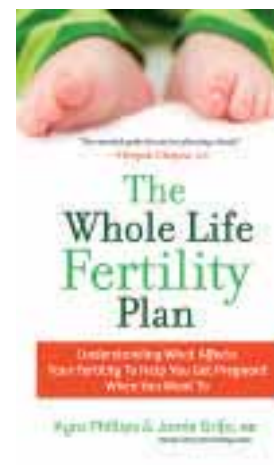
Simply educating yourself about fertility is a good place to start. Then you can start weighing your options, such as if you want to freeze your eggs so you can be your own egg donor later, when you are ready to have a child, though there are several

other options as well.

## Myth #3: Drinking alcohol will hurt your chances of getting pregnant.

Good news — Dr. Grifo says having three or four glasses of wine a week isn't going to hurt your eggs. Things that may negatively impact your fertility include smoking and too much junk food.

"It's more about treating your body with respect and common sense," Dr. Grifo says, stressing the importance of eating a balanced diet rich in protein and healthy fats, as well as regularly exercising.



## Hearing

## Your jam could be bad for your ears, WHO says

More than one billion young people risk damaging their hearing through listening to loud music, the World Health Organization (WHO) said on Friday.

The WHO estimates that around half of those between the ages of 12 and 35 in middle- and high-income countries are at risk due to unsafe levels of sound on personal audio devices or smartphones.

Another 40 per cent are at risk from damaging audio levels at concert venues and night clubs.

"More and more young people are exposed to unsafe levels of sounds. Young people should be aware that once you lose your hearing, it won't come back," said Shelley Chadha, a WHO specialist on hearing impairment. The UN health agency considers a volume above 85 decibels for eight hours or 100 decibels for 15 minutes as unsafe.

Exposure to traffic noise at peak hours can reach 85 decibels.

The vuvuzela, a popular wind instrument used in stadiums during the football World Cup in South Africa in 2010, has a sound intensity of 120 decibels and over nine seconds of exposure could result in irreversible hearing damage.

"It is something we can live without," Chadha said referring to the vuvuzela. To counter the risks, the WHO recommends personal audio devices not be used for more than an hour a day, and used at reduced sound levels.

The use of earplugs in loud conditions and regular checkups were part of the recommendations as well.

The WHO also wants governments to play a role by imposing strict regulations on noise in public places. AFP



Listen with care, says WHO. ISTOCK

**Over 30? Now is the time start thinking about pregnancy**

**"It breaks my heart when a 44-year-old woman sits down in my office completely dumbfounded that she's having trouble getting pregnant."**

Dr. Jamie Grifo, co-author of *The Whole Life Fertility Plan*



# CONTINUING EDUCATION

## Pharmacy technician program offered at MITT

Manitoba Institute of Trades and Technology's (MITT) pharmacy technician program is a 10-month course that will prepare graduates for various careers in pharmacy-including community and hospital settings.

"You will enjoy hands-on-learning in simulated lab settings and skilled faculty who are active in the pharmacy field," says Karen Potter, pharmacy technician instructor, MITT.

"Our courses are designed to make sure that you learn current and relevant information on legislation, pharmacology, customer care, ethics, and hospital and retail practices."

MITT is the only college in Manitoba that is fully accredited by the Canadian Council of Accreditation of Pharmacy Program.

"In January 2014, the 'pharmacy technician' title became a restricted title, so that means that all the pharmacy technicians are now known as 'pharmacy assistants,'" Potter says.

"The pharmacy assistants that have not graduated from an accredited program will

### TECHNICIAN'S ROLE

Pharmacy technicians assist the pharmacist to prepare and dispense medication. Students require strong math skills to perform calculations to determine dosages and quantities to prepare/dispense.

This program is a full-time program. For more information, visit MITT.ca.

have a variety of exams and bridging programs to complete to be able to call themselves a pharmacy technician again."

Students graduating from an accredited program are able to write a national pharmacy technician I qualifying examination through The Pharmacy Examining Board of Canada.

Graduates from an accredited program will have mobility throughout Canada.



CONTRIBUTED

"The opportunities for our graduates are endless as they can write their national qualifying exam and other exams to become a qualified pharmacy technician," Potter says.

The instructors at MITT are highly experi-

enced within this field, which allows them to provide the students the knowledge and skills they need to become successful in this field with an employment placement rate of more than 88 per cent.

## MITT HIGH OPEN HOUSE



**MARCH 19 AT 6:00 PM** - 130 HENLOW BAY

For more information, visit MITT.ca or call us at 204.989.6500

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# PACE ANNOUNCES NEW MANAGEMENT COURSES

## FULL-TIME, ONLINE PROGRAMS ADD FINISHING TOUCHES

Enrolling in one of the many programs or courses offered through Professional, Applied and Continuing Education (PACE), the University of Winnipeg can help you to add skills to your resumé and, ultimately, lead you to a more satisfying career.

While PACE offers a number of great programs and courses this spring, the school will be offering the new full-time project management program.

"This program has been designed for recent university graduates seeking career-finishing skills to work in a professionally oriented stream with high-growth potential," says Kim Loeb, MA, executive director, PACE, the University of Winnipeg.

"It has also been designed for mid-career professionals seeking an academic credential to support work experience and position them for career advancement opportunities."

PACE has recently added an online man-



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agement certificate program for students who are working and need education in a flexible format and want to move forward in their career.

Loeb says students should consider PACE when deciding to go back to school because of the quality of the instructors, the exceptional student life experience, the strong employability elements from the programs, and the industry networking available.

For more about the spring offerings available at PACE, visit [pace.uwinnipegcourses.ca](http://pace.uwinnipegcourses.ca).



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## Northwest hosting spring workshop

For those who have wondered if they have what it takes to enter into a career in law enforcement, Northwest Law Enforcement Academy is holding its intro into law enforcement workshop this spring.

"The four-day workshop is an excellent way of seeing if you might like to pursue a career in law enforcement," says Herb Stephen, retired Winnipeg police chief and founder of the Northwest Academy.

Over the course of four days, from March 30 to April 2, participants will learn about human relations, gang and organized crime, facial ID, firearms, mental health issues related to law enforcement work, and more.

All of these topics are covered during the

five-hour, daily workshops held at the Northwest Law Enforcement Academy facilities.

The spring workshop is a fun and informative four days that high school students or mature learners can take part in and has been designed for those interested in careers as corrections, RCMP, police, customs officers, and other law enforcement related careers.

Participants will learn first-hand from retired police officers, and best of all, if you decide to enrol in the full, eight-month diploma program, the \$99 workshop fee will be deducted from the tuition fee of the full diploma program.

For more information, call 204-953-8300, or visit [northwestlaw.ca](http://northwestlaw.ca).

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BRAD TOLE PMP

2009 BSc, Physical Geography/  
Environmental Studies, UWinnipeg  
2010 Full-time Project Management,  
UWinnipeg PACE  
2010 Resource Manager,  
Deloitte Canada

STEPHANIE LEUNG

2006 BA, Business Administration,  
UWinnipeg  
2007 Full-time Human Resource  
Management, UWinnipeg PACE  
2008 Human Resource Consultant,  
Dasch Inc.  
2014 Human Resource Advisor,  
Price Industries

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[PACE.UWINNipeg.CA](http://PACE.UWINNipeg.CA)



# RED RIVER COLLEGE KEEPS CURRENT

The world of information technology is constantly evolving, and those in these fields must stay on top of these changes to remain relevant.

Red River College offers courses in IT to keep individuals up-to-date on the current industry demands.

Two of these courses include the software development program and Cisco Networks CCNA.

The Cisco Networks CCNA covers the curriculum from the Cisco Networking Academy.

"The curriculum is developed by industry leaders in information technology and provides hands-on opportunities to practise real-world skills, and is benchmarked to industry certification standards," says Melissa Fontaine, program manager for IT and professional studies.

In this program students will learn how to design, build and maintain small- to medium-sized networks.

Students will receive the theoretical foundation from industry qualified instructors, then learn to apply their knowledge and skills using Cisco® technologies.

"This program is designed for network administrators and technicians who need to configure and support multi-protocol networks, and software engineers who are using



CONTRIBUTED

Cisco® IOS software," Fontaine says.

"Most IT jobs list Cisco certification as either mandatory or an asset."

The Cisco Networking Academy partners

with schools and organizations worldwide to develop and deliver innovative information and communications technologies (ICT) courses.

## CISCO NETWORKS START DATE APRIL 7

The Cisco Networks CCNA certificate is available through classroom delivery and is an accredited certificate program.

The next start date for the Cisco networks CCNA certificate is April 7.

The software development program is offered by classroom and distance delivery, with some courses beginning in April.

The software development program helps students to enhance their career opportunities as a software developer.

This program allows individuals to upgrade their application development skills or learn a new computer language.

The program uses in-depth training focused on object-oriented analysis and programming to help you improve your abilities.

Students will study essential programming concepts, plus the choice of the Visual Basic.NET or Java languages.

For more information about the Cisco networks CCNA certification, visit [rrc.ca/ccna](http://rrc.ca/ccna).

For more information about the software development program, visit [rrc.ca/sdt](http://rrc.ca/sdt).



RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

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Learn how to design, build and maintain small- to medium-sized networks.

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For more information on developing your career path: 204.694.1789 or 1.866.242.7073 | [cde@rrc.ca](mailto:cde@rrc.ca) | [rrc.ca/ccna](http://rrc.ca/ccna)

# ROBERTSON WORKS FOR YOU

Online learning is an important option for people since they may have family, work or other commitments that don't allow them to take traditional classroom courses.

Programs offered through Robertson Online allow people with different learning styles to find what works for them online.

"It allows students the flexibility to continue working while studying for a new career or to upgrade their skills in their current position," says Audrey Blatz, director of Robertson Online. "Whether you are mid-career or just starting out, Robertson Online can help you get the education you need to advance your career or find a new one."

Robertson Online recently added a new business administration program, as well as the project management and logistics supply chain management program.

"There were many requests for students looking to study business administration online," Blatz says. "This program will help you gain a more comprehensive understanding of key business functions like accounting, human resources, marketing and more."

## REGISTRATION NOW OPEN

Registration for Robertson Online's three new programs starting March 30 is open.

Online students are also able to access Robertson College's lifetime career services any time after completing one of Robertson's programs.

Robertson College graduates more than 2,500 students every year.

Students will also learn what it takes to work in government, private and not-for-profit organizations.

The logistics and supply chain management program gives students the general business knowledge to work in the supply chain sector. Graduates will be qualified for employment as operations managers, shippers/receivers, purchasing and inventory clerks, purchasing managers, retail and



CONTRIBUTED

wholesale buyers, to name a few.

And the new project management program can teach the skills needed to effectively manage projects and project teams, all through the convenient schedule of online learning.

Financial aid is available for students of most Robertson Online programs

"Robertson College has financial aid officers who will walk you through all the options," Blatz says. "There is a solution for every situation and scholarships are also often available."

For more information or for list of online programs, visit [robertsoncollege.com/irobertson-online-training.aspx](http://robertsoncollege.com/irobertson-online-training.aspx).



## It's Time to Check Out Robertson College.

Programs in Health Care, Business and IT that will prepare you for your new career

At Robertson College, we offer many career-focused programs that can be completed in as few as 6 months. Find the right path for you and get started today!

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- Legal Assistant
- Logistics & Supply Chain Management
- Massage Therapy
- Medical Lab Assistant
- Medical Office Assistant
- Network Administrator
- Nursing Administrator
- Pharmacy Technician
- Software & Database Developer
- Travel Counsellor
- Veterinary Office Assistant

**ROBERTSON  
COLLEGE**



# CACE certificate teaches practical skills

With the rapidly changing world of work, the focus on the learning and development of employees is an ongoing requirement to ensure Canada's labour force is competitive and responsive.

The certificate in adult and continuing education program (CACE) offered through the University of Manitoba provides the skills for employees to build their career and benefits to their workplaces.

"The focus is on applying what students learn in the courses directly to their own workplace situations so what they learn has immediate relevancy," says Sandra Stechisen, program co-ordinator, extended education, University of Manitoba.

Students learn strategies and practical techniques to improve training and education in the workplace, whether in the private or public sector.

Assignments focus on putting what they learn in the program into practice.

Students learn how to be effective at planning programs, facilitation, assessing needs, designing instruction, and more.

"Employers recognize the CACE program as a valuable asset for their employees and also for their business — they often require it as a qualification for certain jobs," Stechisen says. "Graduates of the program


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can be confident that they can demonstrate to employers their competence through the specific knowledge and skills they have

obtained with the credential."

The program is designed for part-time study to be completed within five years but

## COURSE OPTIONS

The certificate in adult and continuing education program is offered through extended education continuing education at the University of Manitoba.

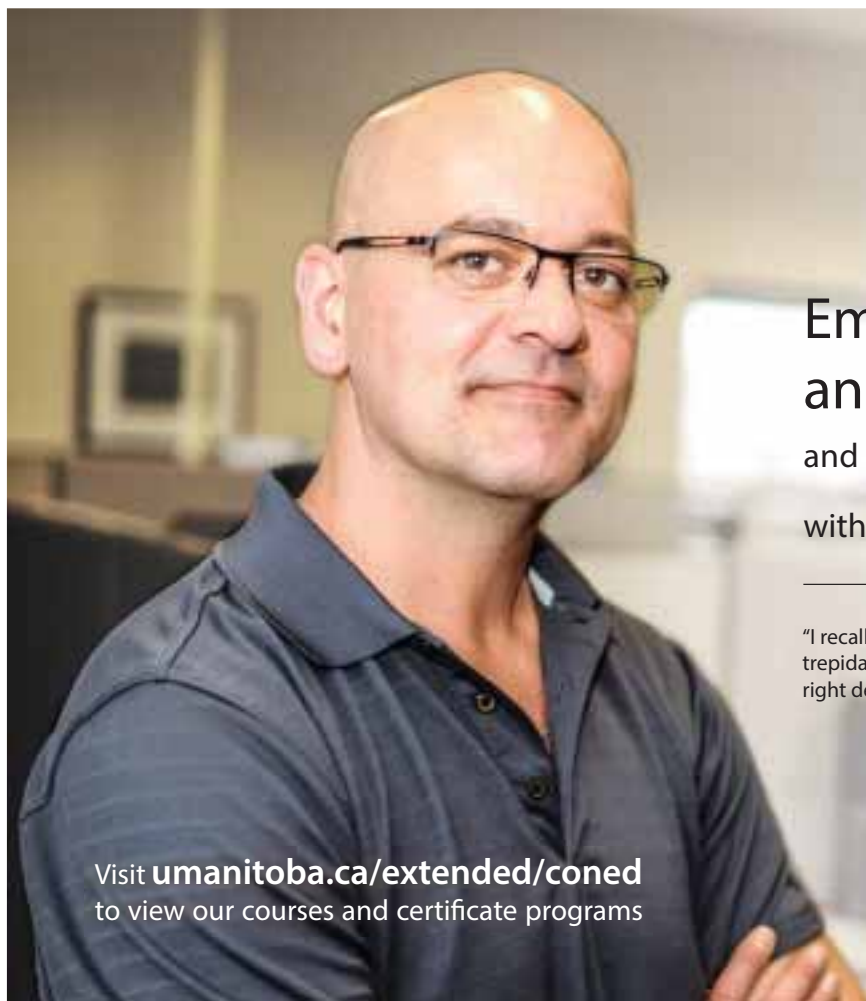
The program is offered part time through varied formats (face-to-face, blended, and online learning).

Students may take courses individually, or complete the program.

students can complete it in as little as one year. "The CACE program is a great option for working adults because of its flexibility and varied options — it can be completed online or in the classroom and at their own pace," Stechisen says.

The program is widely applicable — students come from diverse workplaces and sectors in the private and public sector including the aerospace, finance, insurance, manufacturing, and retail industries, health care, public utilities, transportation, post-secondary institutions, the military, police, fire and paramedic services.

For more information, visit [umanitoba.ca/extended/coned/adulteducation](http://umanitoba.ca/extended/coned/adulteducation).



## CONTINUING EDUCATION

Employers recognize and respect a University of Manitoba credential, and all classes are taught by industry experts with hands-on experience in their fields.

"I recall walking out of my very first class in April, completely relieved of my fears and trepidations about returning to school after so many years, feeling that I had made the right decision and would eventually be able to have a career that I would truly be happy in."

**Chris Owczar**  
Applied Counselling Certificate student

Visit [umanitoba.ca/extended/coned](http://umanitoba.ca/extended/coned) to view our courses and certificate programs

Extended Education



UNIVERSITY  
OF MANITOBA

# LEARN REFLEXOLOGY AT WELLINGTON COLLEGE

## MANY SPECIALIZED WORKSHOPS AVAILABLE

While Wellington College may be best known for its full-time and distance education massage therapy programs, it also offers a number of massage-focused workshops throughout the year.

These workshops have been designed for both the general public, as well as massage therapists.

For the 2015-16 school year, Wellington College has a great lineup of workshops and will be introducing a new course — applied reflexology for massage therapy.

"This is an intensive, two-day workshop focusing on aspects of foot reflexology," says Lesley Baartman, instructor of applied reflexology for massage therapy. "The workshop provides massage therapists the opportunity to incorporate reflexology techniques into a therapy session to promote circulation and muscle balance."

This workshop is designed for massage therapists wanting to expand their therapy approach. The skills learned specifically benefit massage therapy goals.

"The approach is not to regard reflexology

### MORE INFORMATION

For those interested in Wellington College's full-time programs, the school offers a two-year, full-time remedial massage therapy program.

It also offers a three-year distance education option as well (applications for the July 17 intake are being accepted).

Wellington holds a monthly information session for those looking for more information about these programs.

as a separate treatment, but to integrate reflexes beneficial to a massage session," Baartman says. "The reason it is called applied reflexology is because I teach the therapist to apply reflexology principles to build a holistic treatment protocol, to address all aspects of well-being during a massage session."

Baartman says these reflexology skills add to a therapists' knowledge base, therapy

SHUTTERSTOCK

skills and body/mind awareness approach to a therapy session.

"This workshop includes, in a nutshell, a knowledge base of reflexology, reflexology techniques to assist muscle imbalances, lymphatic circulation and incorporating spinal and appendicular skeleton reflex areas into a massage treatment program," Baartman says.

A therapist does not need to have any prior knowledge or experience in reflexology

to enrol in this workshop.

While this workshop is offered to massage therapists, the popular introduction to massage therapy workshop (offered a number of times throughout the year) is geared to the general public who may be looking to learn more about massage as a career, or just pick up some basic massage skills.

For more, visit [wellingtoncollege.com/alumni/continued-education-workshops](http://wellingtoncollege.com/alumni/continued-education-workshops).

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call 204.809.9985

or visit [massagetherapycareers.ca](http://massagetherapycareers.ca)





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# Tuition rebate pays to live in Manitoba

It pays to stay in Manitoba.

The tuition fee income tax rebate allows Manitobans to save up to \$25,000 on their income tax.

The Manitoba tuition fee income tax rebate helps post-secondary graduates pay for their education while they live and work in Manitoba by providing a 60 per cent income tax rebate on their eligible tuition fees.

## LIVE HERE, SAVE HERE

Students who graduate with a degree, diploma or certificate from a post-secondary institution recognized by the Canada Revenue Agency on or after Jan. 1, 2007, and now work and pay taxes in Manitoba can benefit from the Manitoba tuition fee income tax rebate. It doesn't matter if their post-secondary training took place in Manitoba or elsewhere.

## HOW IT WORKS

Graduates are entitled to receive a 60 per cent income tax rebate on their eligible tuition fees up to a maximum benefit of \$25,000.

Here are some examples of what this rebate could mean:

Sample tuition fees, then with a 60 per cent rebate: \$40,000 (\$24,000); \$25,000 (\$15,000); \$5,000 (\$3,000).

Provided they are living in Manitoba, post-secondary students can even apply for the rebate while they are going to school. They can claim a rebate advance in the form of a refundable, five per cent tax credit on their tuition and ancillary fees.



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## CONNECT WITH THE TAX ASSISTANCE OFFICE

To find out more about how Manitoba's tuition fee income tax rebate can help students and graduates put money in their pockets as they put down roots in Manitoba, call the Manitoba tax assistance office at 204-948-2115 or toll-free 1-800-782-0771.

## MAKE A CLAIM ON YOUR INCOME TAX RETURN

Graduates can claim their tuition fee income tax rebate on their personal tax returns by completing the T1005 — Manitoba's graduate's tuition fee income tax rebate form.

Post-secondary students may apply for the rebate advance by completing the MB479 — Manitoba Credits.

# Thanks to the Manitoba Tuition Fee Income Tax Rebate...

*It pays to stay in Manitoba.*

For information about saving up to \$25,000 on your Manitoba income tax, visit [manitoba.ca/tuition](http://manitoba.ca/tuition)



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**Find out how you can receive a tax rebate for up to 60% of your tuition, as much as \$2,500 a year.**

That extra cash will go a long way to paying back your student loans, saving for a house, or maybe even starting a family.



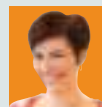
To claim your savings, simply complete the T1005 form when you file your Manitoba income tax.

STEADY GROWTH  
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Manitoba 

## Healthy eating

## Peachy keen on benefits of canned food



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Is canned food allowed back into your healthy gourmet kitchen?

As February was National Canned Food Month and this month is Nutrition Month, I see no reason why the two can't get along.

I already know that I love peaches. I have since I was six, and waiting 11 months for my fix isn't fair, so I do put canned peaches through their paces especially this time of year.

Canned peaches deliver a promising amount of nutrients that are actually enhanced by the canning process. Vitamin A, folate, lycopene and

some anti-oxidants are made more bio-available by the heating and canning process. But the truly impressive nutrient is vitamin E.

Vitamin E is a fat-soluble, anti-inflammatory, anti-aging nutrient that is usually associated with nuts and seeds. And while those little nuggets are great for you, a small handful is all you can eat each day because of their caloric punch. Fruit sources, on the other hand, can be layered in without worry and consumed in satisfyingly high amounts.

There is even support that the canning process actually enhances the eye-protecting nutrients of lutein and zeaxanthin, and we know lycopene (present in high amounts in peaches), which helps prevent prostate cancer, benefits from the heating of tomatoes into sauce.



There's no need to wait for fresh peach season when canned peaches pack such a nutrient-rich punch. ISTOCK

## Peaches get saucy with pork

## 30 minutes to dinner.

Peach sauce turns a curried pork tenderloin into a sweet surprise

## Directions

1. Place pork tenderloin in a large freezer bag, combine curry and chili powders, one clove of garlic and olive oil and rub well. Set aside on counter for a few minutes or place in fridge to marinate for up to 24 hours.

2. In a small pot, combine juice from clingstone peaches (but set aside peaches themselves until later), wine, vinegar and remaining garlic. Bring to a boil and simmer to reduce into a sauce for 10-20 minutes. Stir in peaches and keep warm until pork is cooked.

3. Empty pork into a casserole dish and bake at 400 F for 20 minutes until cooked through to 130 F.

4. Add peach sauce and cook



This recipe serves four. TERESA ALBERT

for 5-10 more minutes. Garnish with pea shoots or other herb greens.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

## Ingredients

- 1 -1.5 pound pork tenderloin cut into 4 equal pieces
- 1 tbsp curry powder
- 1 tsp chili powder
- 2 cloves garlic, minced and divided
- 1 tbsp extra virgin olive oil
- 1 can clingstone peach slices, juice reserved
- 1 cup sweet white wine
- 1/2 cup apple cider vinegar
- Pea shoots for garnish, optional

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# Jets happy with what they have for final push

**NHL.** After making handful of recent moves, Cheveldayoff elects to stay put on deadline day

Bryan Little is starting to feel like this season is going to have a different ending for the Winnipeg Jets.

While Jets general manager Kevin Cheveldayoff made no moves Monday on the last day of NHL trading, he did boost Winnipeg's roster with five veteran players this season, including four since Feb. 11.

Those additions have helped keep the Jets (32-20-12) on a flight path that could see the franchise make the playoffs for the first time since 2007.

"There's a sense everyone has that confidence right now, which I don't think was really there before," Little said after Monday's practice.

"We're going out and playing L.A. and St. Louis and we all believe we can beat teams like that right now, where before I don't know if that was really inside us."

The Jets beat the Kings 5-2 Sunday and lost a 2-1 shootout to the Blues last Thursday.

Now 6-2-2 in its last 10 games, Winnipeg holds the first of two wild-card spots in the Western Conference and was three points back of third-place Chicago in the Central Division heading into games Monday.

Winnipeg hosts Ottawa (27-



The Jets celebrate Blake Wheeler's game-sealing empty-net goal in a 5-2 win over the L.A. Kings on Sunday night. Wins like Sunday's have the Jets feeling confident they are a playoff-worthy club. TREVOR HAGAN/THE CANADIAN PRESS

23-10) on Wednesday to end a four-game homestand (2-0-1). The Jets are 5-0-2 in their last seven games at MTS Centre.

"I feel comfortable moving forward here," Cheveldayoff said at a news conference after the deadline passed.

"We're a better team than we were a few days ago and I think it's going to be an exciting race to the finish."

"It seems like two weeks

and, boom, we've got four fresh faces in here and some pretty big trades so I was a bit surprised, but at the same time very welcoming of the guys we brought in," Little added.

Coach Paul Maurice said he likes the look of his roster.

"I'm fine with our team," Maurice said. "I think we've got good depth at all our positions. I really like the way our defence is rounding out. I'm good with

where we're at."

But nothing has been accomplished yet and they have to get better, Maurice added.

Little believes they can do just that.

"I think we have a pretty special team in here and a close group of guys," Little said. "I think everyone kind of realizes that we have a good mix that can do some damage."

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## Experienced assistance

The Jets continue their playoff push despite injuries to key players that began on the blue-line in late November.

- Those prompted Kevin Cheveldayoff to find reinforcements and then add veteran depth as a vote of confidence.
- Defenceman Jay Harrison was acquired in a trade with Carolina on Dec. 18 for a draft pick.
- Next up was the big Feb. 11 deal that sent injured forward Evander Kane, defenceman Zach Bogosian and prospect goalie Jason Kasdorf to the Buffalo Sabres for defenceman Tyler Myers, forward Drew Stafford, some prospects and a first-rounder.
- Last Wednesday, Cheveldayoff picked up forward Jiri Tlustý from Carolina for two draft picks. His resumé boasts 398 games.
- Then on Sunday, Winnipeg traded Carl Klingberg to the New York Rangers in exchange for forward Lee Stempniak, who was expected to arrive in Winnipeg late Monday.

## Monday's movement

• Minnesota F J.Knight	Boston F Z.Phillips	• Minnesota F C.Stewart	Buffalo 2017 2nd rounder	• Vancouver F C.Conacher	N.Y. Islanders F D.Jeffrey	• San Jose F B.Smith	Chicago F A.Desjardins
• Anaheim F M.Sgarbossa	Colorado D M.Clark	• Pittsburgh D B.Lovejoy	Anaheim D S.Despres	• N.Y. Islanders G M.Neuvirth	Buffalo G C.Johnson 2015 3rd rounder	• St. Louis D Z.Michalek	Arizona F M.Letunov
• Anaheim F K.Holzer	Toronto D E.Brewer 2016 5th rounder	• Montreal F T.Mitchell	Buffalo F J.Nevins 2016 7th rounder	• Colorado F F.Hamilton	San Jose D K.Stollery	• Montreal D J.Petry	Edmonton 2015 2nd rounder 2015 5th rounder
• Anaheim D J.Wisniewski 2015 3rd rounder	Columbus F R.Bourque F W.Karlsson 2015 2nd rounder	• St. Louis F O.Jokinen	Toronto F J.Lindstrom 2016 6th rounder	• Pittsburgh D I.Cole	St. Louis D R.Bortuzzo 2016 7th rounder	• Tampa Bay D B.Coburn	Philadelphia D R.Gudas 2015 1st rounder 2015 3rd rounder
• Boston F M.Talbot F P.Carey	Colorado F J.Caron 2016 6th rounder	• Arizona G D.Leggio	N.Y. Islanders F M.Louis	• N.Y. Islanders F T.Kennedy	San Jose 2016 3rd rounder	• Boston F B.Connolly	Tampa Bay 2015 2nd rounder 2016 2nd rounder
• Vancouver F S.Baertschi	Calgary 2015 2nd rounder	• Minnesota D J.Leopold	Columbus D J.Falk 2015 5th rounder	• Detroit D M.Zidlicky	New Jersey 2016 3rd rounder		
				• Montreal F B.Flynn	Buffalo 2016 5th rounder		

4 SPORTS

# Hawks let benchwarmers soar

**NBA.** Atlanta defeats Miami after showing starters the bench

John Jenkins insists he wasn't surprised when the Atlanta Hawks earned their latest win on the road without three starters and a top backup.

Saturday night's 93-91 win at Miami was perhaps the most impressive demonstration of the Hawks' depth this season. All-star centre Al Horford stayed home with his wife and newborn son. Starters Jeff Teague and DeMarre Carroll and top backup Pero Antic were rested.

It was show time for players who often aren't included in coach Mike Budenholzer's

rotation.

Jenkins, who reached 20 minutes for only the third time this season, had 12 points and set a career high with seven rebounds.

Forward Mike Muscala matched his career high with four blocks.

Dennis Schroder, who normally plays behind Teague, had a double-double with 16 points and 10 assists. Kent Bazemore started for Carroll and had 15 points, his second-highest total of the season. Elton Brand had eight points and seven rebounds in his first start of the season.

Jenkins pointed to players getting in extra work after Monday's practice as the reason he expected the bench players to have success.

"I see it every day," he said.

The depth has helped the Hawks, who play Houston on Tuesday night, lead the Eastern Conference by 10 games. They've stretched the lead by 3 1/2 games since the all-star break.

It's one thing to have his backups ready for prominent roles. It's another challenge to

have starters who are willing to take a night off without disrupting team chemistry.

Budenholzer acknowledged some starters aren't thrilled when asked to sit out a game. He said players know the goals are to be healthy and rested for the playoffs — and to keep all players on the roster sharp.

"Each circumstance is unique," Budenholzer said after Monday's practice.

"I think our players are understanding and better trusting and know that hopefully we're doing something that's good for the team and good for them individually and gives their teammates opportunities. There are just a lot of good things that can come from it, and I think they're better at understanding that."

Horford's day off came less than a week after his wife, Amelia, gave birth to the couple's first child, a boy named Ean.

"You appreciate that coming from your head coach," Horford said. "We work really hard and I feel like he acknowledges that."

THE ASSOCIATED PRESS



The Hawks swarm Heat forward Hassan Whiteside during Saturday night's win at American Airlines Arena in Miami. MIKE EHRLMANN/GETTY IMAGES

## Quoted

**"It's a dangerous team when you've got all 15 guys who can play."**

John Jenkins, substitute shooting guard for the Atlanta Hawks

## NHL

### Vikings, Peterson in talks

Minnesota Vikings general manager Rick Spielman said Monday the organization has had "open dialogue" with star running back Adrian Peterson since the NFL tabled his suspension and returned him to the special exempt list. That's where Peterson spent much of the 2014 season, essentially paid leave, while the child abuse case he was involved in played out in court.

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## Boxing

### Bout needs no promotion

The fight is so big, Manny Pacquiao and Floyd Mayweather Jr. won't be spending much time promoting it.

The two boxers will get together March 11 in Los Angeles for the only press conference before the week of the fight, organizers said Monday. They won't meet again until the final press conference at the MGM Grand in the days before the May 2 mega fight.

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## MLB pre-season. Dickey knuckleball no picnic

Ask Russell Martin what it's like to corral a R.A. Dickey knuckleball and the Blue Jays catcher pauses briefly, trying to capture the experience.

"Have you ever tried to catch a butterfly as it's floating around in the air?" he responded.

"I wish I could put a camera on my mask or something for people to see exactly what the ball's doing," he added. "It's pretty impressive."

Martin got his first in-game experience with the Dickey floater Monday, albeit for just one inning of a low-key intra-squad game.

Dickey issued a walk and Martin had two balls dribble out of his glove, but at no cost. That earned the Canadian catcher a positive review from Toronto manager John Gibbons.

"He's got as good hands as anybody in baseball," Gibbons said of Martin. "That's one of the reasons he's here. It just looked almost effortless."

Martin, a Toronto native who grew up in Chelsea, Que., wants to catch Dickey so he can see as much action as possible. The Jays want their \$82-million US catcher on the field to take advantage of his bat and game management.



R.A. Dickey throws to Russell Martin at Blue Jays spring training on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

Martin said the key to catching the knuckler is focus, tracking the ball as it comes to him. It's hard work but doable.

"As long as Dickey's comfortable out there on the mound, that's what most important," he said. "Hopefully he's OK with the way I'm handling it right now."

Dickey did not speak to the media after the game. But he has praised Martin's athleticism and willingness to learn the pitch.

For the record, the Grey team beat the Blue squad 1-0 on Mitch Nay's fifth-inning homer off left-hander Juan Oramas. Nay is a non-roster invitee, a 21-year-old third baseman who played Class-A ball last year. THE CANADIAN PRESS



## Raptors taste the fruits of victory at last

The Toronto Raptors' DeMar DeRozan, top, and the 76ers' Thomas Robinson chase after a loose ball on Monday night in Philadelphia. The Raptors ended their five-game losing streak with a 114-103 win over the lowly Sixers.

MATT SLOCUM/THE ASSOCIATED PRESS

## NBA. Harden suspended for foul foul

The NBA has suspended Houston star James Harden one game without pay for kicking LeBron James in the groin.

The all-stars and Olympic teammates became tangled in the third quarter of Houston's 105-103 victory over Cleveland on Sunday and Harden fell back to the court,

then kicked his foot up into James.

Harden was given a flagrant foul 1 for the play, which the NBA upgraded Monday to a flagrant 2, which would have been an automatic ejection if called at the time.

An angry James said after

the game that Harden's kick was "not a basketball play" and that the league would probably look at it.

Harden, the NBA's leading scorer and a top MVP candidate, won't play when the Rockets visit the Atlanta Hawks on Tuesday.

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## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers.**  
**It's OK. No one's watching.**



### Horoscopes by Sally Brompton

#### Aries

**March 21 - April 20**

With luck planet Jupiter so strong in your chart this has to be one of the best times of the year for you. No matter how many occasions you have failed in the past you will succeed now.

#### Taurus

**April 21 - May 21**

Don't listen to your own doubts and fears today because they will cloud your mind and prevent you from reaching your true potential.

#### Gemini

**May 22 - June 21**

You will make an important decision today, quite possibly the single most important decision you will make for months to come.

#### Cancer

**June 22 - July 23**

If anyone tries to push you around or force you in a direction you don't want to go they will soon learn the error of their ways. You are in no mood to take nonsense.

#### Leo

**July 24 - Aug. 23**

You will go your own way today, and the more others try to persuade you to cautious the more risks you are likely to take.

#### Virgo

**Aug. 24 - Sept. 23**

The more you try to break free of restrictions the more they seem to hold you back. Make an extra special effort to regain your independence.

#### Libra

**Sept. 24 - Oct. 23**

You won't hesitate to get involved in some kind of dispute today, even if it has nothing to do with you. Make sure you know your facts.

#### Scorpio

**Oct. 24 - Nov. 22**

If you feel the need to change the way you do things now is the time to be a bit more adventurous and try out new methods and routines.

#### Sagittarius

**Nov. 23 - Dec. 21**

No matter how many barriers or obstacles you have to deal with today you will overcome them all with ease. It's not often it's as good as this, so make the most of it and do something special.

#### Capricorn

**Dec. 22 - Jan. 20**

Some kind of upheaval will take place today. However, this particular upheaval comes with an opportunity attached. You could make some money.

#### Aquarius

**Jan. 21 - Feb. 19**

Someone wants to repay you for all the kindness you have shown. It will make them feel good to do you a favour.

#### Pisces

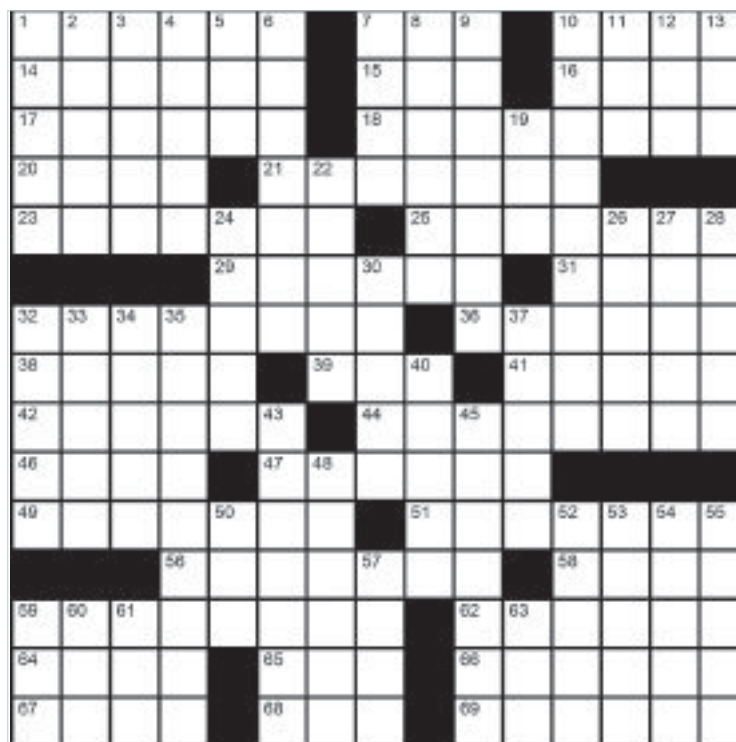
**Feb. 20 - March 20**

You know what you want and you know how to get it and anyone who stands in your way won't be standing for long. Every now and again you go right the other way and just take what you desire.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Muscle cramps
7. Male swan
10. Yukon village near the Alaska border
14. Quieten: 2 wds.
15. Mr. Vigoda
16. Exterior tap connection
17. Amusement gallery
18. "\_\_\_ Door" (Canadian children's show)
20. Tilt
21. Of superior quality
23. From one side only in law: 2 wds.
25. Mould makers
29. Decorative
31. Verifiable
32. Ones who rudely make their way through crowds
36. Lion, when communicating
38. Outlandish
39. "Sure."
41. LED = Light-Emitting \_\_\_
42. Abrupt arrival
44. Heeled hero
46. Pond guck
47. Stellar
49. Artist's 'eggy' painting
51. Logging-on names, e.g.: 2 wds.
56. Idina Menzel's role in Broadway musical Wicked
58. Send forth
59. Big quantity



62. Cheap
64. Press
65. Hour: Italian
66. Halifax singer, Rich \_\_\_: His current album is called 'Ephemeral'
67. Ski lift
68. Hippy-protested war

69. "The Apprenticeship of Duddy Kravitz" (1974) character

#### Down

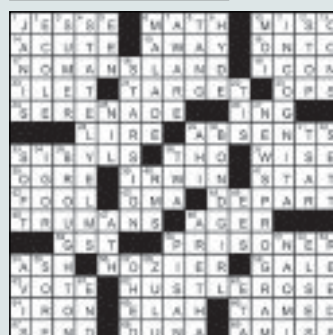
1. Sedimentary rock
2. Laundry detergent brand
3. Guild for songwriters, e.g.

4. First two syllables of Woodstock's doo-wop group
5. Earth-turned-wet
6. Phantom
7. Organized+crime boss
8. Orchestra member
9. Hudson Bay archipelago, \_\_\_ Islands

10. \_\_\_ Aviation (Corporate air charter provider in Saskatchewan)
11. Fall asleep, with Off
12. Mount \_\_\_ (Volcano of Japan)
13. Become
19. Particular parrot

22. British actor Mr. Cavill
24. Theatrical gigs
26. Mr. Flynn
27. Montreal: Mountain Street = \_\_\_ la Montagne
28. Parched periods
30. "Why don't you take \_\_\_?" (There are chairs everywhere)
32. Beam
33. Weight amount
34. Play the ukulele
35. Alberta: Grande Prairie's bird symbol, \_\_\_ Swan
37. Swan Lake character
40. Exfoliating facial cleanser
43. Sea hunter's weapon
45. Can give input to the decision: 3 wds.
48. Northern Africa expanse
50. Building wing
52. Treat the sprain once more
53. "\_\_\_ in Love" by 10cc
54. 7, 8, or 9
55. Songwriting team, Cahn-\_\_\_
57. Eve's beau
59. Objectionable word
60. Royal symbol
61. Toronto attraction, \_\_\_ Khan Museum
63. Phone's 8 letters

### Yesterday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Conceptis Sudoku by Dave Green

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

#### Yesterday's Sudoku



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CARSTAR on 1372 Henderson.....338-1551  
CARSTAR on 2750 Saskatchewan .....837-2399  
CARSTAR on 1106 Chevrier.....475-7193  
CARSTAR on #3 Agassiz in Stonewall.....467-4329



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